

1st ANNUAL PAULA ROURKE MEMORIAL
5K (3.1 mile) ROAD RACE
&
1 MILE FUN RUN/WALK

Saturday, July 24, 2004

Fun Run: 9:00 am 5K: 9:30 am

Starts and finishes at Floral Street School

54 Floral Street, Shrewsbury, MA 01545

A fitness event to benefit the Shrewsbury Parks and Rec. Special Needs Program

5K RACE DIVISIONS:

OPEN: "A" (14-18) Male & Female

"B" (19-29) Male & Female

"C" (30-39) Male & Female

MASTERS: "D" (40-49) Male & Female

"E" (50-59) Male & Female

"F" (60+) Male & Female

Day-of-Race Registration Opens at 7:30 a.m.

Pre-Entry Fee (before July 22): \$12.00 Post Entry Fee: \$15.00 1 mile Fun Run: \$6.00

Make Checks payable to: Shrewsbury Parks & Recreation

Mail to: Peggy Holdash

P.O. Box 412

Millbury, MA 01527

OR

Shrewsbury Parks & Recreation, 100 Maple Ave., Shrewsbury, MA 01545

Questions? Email pholdash@yahoo.com

amenities:

- T Shirts to first 75 total registered runners and walkers
 - Certificates to all finishers in the 1 mile fun run
 - Awards for 1st place finishers in all divisions of the 5K
- Digital time display at finish line; mile markers along 5K course

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Please detach and return to address above

Name _____ EMail _____

Address _____
STREET TOWN ZIP

Age (date of race) ____ Sex ____ Division ____

5K ____

Check One:

1 Mi. Fun Run/Walk ____

In consideration of this entry being accepted, I hereby for myself and my heirs, executors or administrators, waive and release any and all rights and claims for damages I may have against the organization holding this event, its agents, representatives, volunteers, successors or assigns for any and all injuries suffered by me at said event and arising out of my traveling to and participation in. I am in the necessary physical condition needed to participate in this event, and understand the risks involved. If under 18 years of age, parent or guardian must sign.

Signature

Date

Parent/Guardian Signature